

# FIRST BAPTIST CHRISTIAN ACADEMY

## Healthy Habits Lunch

November 2011

the "B" Choice includes the sides listed with the "A" Choice

1% Milk or Fruit Juice available each day

★ *Baked*      ● *Whole Grain Ingredients*      Soup & Salad Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>SOUP: Chicken Noodle</b>	<b>SOUP: Vegetable</b>	<b>SOUP: Chili</b>	<b>SOUP: Potato</b>	<b>SOUP: Chef's Choice</b>
	<p>"A" <b>HEALTHY HABITS LUNCH</b> <b>BREAKFAST FOR LUNCH!</b></p> <ul style="list-style-type: none"> <li>★ French Toast Sticks &amp; Syrup</li> <li>★ Ham Patty</li> <li>★ Tater Tots</li> <li>★ Apple Snapz</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Grilled Ham &amp; Cheese</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Chicken Rings</li> <li>★ French Fries</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Vanilla Wafers</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> BBQ Pork Rib</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Pizza Stix</li> <li>★ Tossed Salad</li> <li>★ Lite Ranch Dressing</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Chocolate Brownie</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Toasted Ravioli</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p>	<p>"A" <b>HEALTHY HABITS LUNCH</b> <b>TACO'S TODAY!!!</b></p> <ul style="list-style-type: none"> <li>● Crunchy Taco</li> <li>● Spanish Rice with Pinto Beans</li> <li>● Corn</li> <li>● Orange Dreamsicle </li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Lasagna Cheese Roll-up</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p>
	<ul style="list-style-type: none"> <li>● Turkey &amp; Swiss on French Raisins</li> <li>★ Fresh Vegetables &amp; Dip</li> <li>★ Chilled Pudding</li> </ul>	<ul style="list-style-type: none"> <li>★ Roast Beef Sandwich on French</li> <li>★ Fresh Vegetables w/dip</li> <li>★ Animal Crackers</li> <li>★ Fresh Fruit/Seasonal</li> </ul>	<ul style="list-style-type: none"> <li>★ Turkey &amp; Cheese Wrap</li> <li>★ Scrabble Cheez-Its</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Newton Fruit Crisp</li> </ul>	<ul style="list-style-type: none"> <li>● Ham &amp; Cheese Sandwich</li> <li>★ Fresh Vegetables w/dip</li> <li>★ Pineapple Chunks</li> <li>★ Orea Cookies</li> </ul>
7	8	9	10	11
<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Scrambled Eggs</li> <li>★ Bacon</li> <li>★ Yogurt</li> <li>★ Homemade Blueberry Treat</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> French Toast</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● BLT Sandwich</li> <li>★ Mini Twist Pretzels</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Chocolate Chip Cookie</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Chicken Strips &amp; BBQ Sauce</li> <li>★ Corn</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Honey Graham Crackers</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Fish Stix</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>★ Turkey &amp; Cheese Wrap</li> <li>★ Scrabble Cheez-Its</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Newton Fruit Crisp</li> </ul>	<p style="text-align: center;"><b>PAPA'S IN THE HOUSE</b></p> <p>"A" <b>HEALTHY HABITS LUNCH</b> <b>PAPA JOHN'S CHEESE PIZZA</b></p> <ul style="list-style-type: none"> <li>★ Tossed Salad</li> <li>★ Orange Slices </li> <li>★ Rice Krispies Tre...</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> None</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>★ String Cheese Sticks &amp; Crackers</li> <li>★ Veggies &amp; Dip</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Yogurt</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Popcorn Shrimp</li> <li>★ Seasoned Fries</li> <li>★ Mixed Vegetables</li> <li>★ Carnival Cookie</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Seasoned Chicken Breast</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>★ Chicken Caesar Wrap</li> <li>★ Fresh Carrot Sticks</li> <li>★ Light Ranch Dressing</li> <li>★ Pears</li> <li>★ Jell-O</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b> <b>TACO'S TODAY!!!</b></p> <ul style="list-style-type: none"> <li>★ Spaghetti with Meat Sauce</li> <li>★ Green Beans </li> <li>★ Fresh Breadstick</li> <li>★ Fruit Snack</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Chicken Fajita</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● Cheerios with Milk</li> <li>★ Banana </li> <li>★ Low fat Yogurt</li> <li>★ Homemade Muffin Treat</li> </ul>
14	15	16	17	18
<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Jumbo Corn Dog </li> <li>★ Corn</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Animal Crackers</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Crunchy Taco</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>★ Ham &amp; Cheese on Bagel</li> <li>★ Scrabble Cheez-Its</li> <li>★ Applesauce</li> <li>★ Teddy Grahams</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b> <b>SUPERVISOR SPECIAL</b> <b>PANCAKE BAR</b> <b>PANCAKES</b> <b>SAUSAGE</b> <b>YOUR CHOICE OF TOPPING'S</b></p> <p style="text-align: center;"><b>"B" CHOICE</b> None</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● Tuna Salad Sandwich</li> <li>★ Sun Chips</li> <li>★ Veggies &amp; Dip</li> <li>★ Fresh Fruit/Seasonal</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Popcorn Chicken</li> <li>★ Seasoned Fries</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Animal Crackers</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Fish Stix</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● Salami &amp; Cheese Sandwich</li> <li>★ Potato Chips</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Fresh Brownie</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Pepperoni Pizza</li> <li>★ Tossed Salad/Lite Ranch Dressing</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Sugar Cookie</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Grilled Ham &amp; Cheese</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● Dagwood Sandwich </li> <li>★ Blondie Chips</li> <li>★ Alexander Veggie</li> <li>★ Cookie's Cookie</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Mickey Burger</li> <li>★ Minnie Chips</li> <li>★ Goofy Fruit</li> <li>★ Donald Duck Treat</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Pluto Hot Dog</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● Bagel &amp; Cream Cheese</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Raisins</li> <li>★ Yogurt</li> </ul>
21	22	23	24	25
<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Fettuccini Alfredo</li> <li>★ Steamed Broccoli</li> <li>★ Fresh Breadsticks</li> <li>★ Chocolate Chip Cookie</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Cheeseburger on Bun</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>★ Popcorn Chicken Wrap</li> <li>★ Mini Twist Pretzels</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Fresh Vegetables &amp; Dip</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Chicken Nuggets</li> <li>★ French Fries</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Homemade Blueberry Treat</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Turkey &amp; Cheese Sandwich</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● Trix Cereal Bar </li> <li>★ Banana</li> <li>★ Lowfat Yogurt</li> <li>★ Hard Boiled Egg</li> </ul>	<p style="text-align: center;"><b>NO SCHOOL</b> <b>Day Care ONLY</b></p> <p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Chicken Wrap &amp; Chopped Lettuce</li> <li>★ Light Ranch Dressing</li> <li>★ Mini Twist Pretzels</li> <li>★ Fresh Fruit/Seasonal</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Bologna &amp; Cheese</p>	<p style="text-align: center;"><b>ALL FACILITIES CLOSED</b></p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">HAPPY THANKSGIVING</p>	
28	29	30	31	1
<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>★ Seasoned Chicken Drumstick</li> <li>★ Mashed Potatoes with Gravy</li> <li>★ Mixed Vegetables</li> <li>★ Vanilla Pudding</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Nacho Cheese Ravioli</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● Turkey on Skinny Bun</li> <li>★ Potato Chips</li> <li>★ Fresh Fruit/Seasonal</li> <li>★ Newton Fruit Crisp</li> </ul>	<p>"A" <b>HEALTHY HABITS LUNCH</b></p> <ul style="list-style-type: none"> <li>● Hot Dog on Bun </li> <li>★ Chili Dip</li> <li>★ Seasoned Fries</li> <li>★ Frozen 100% Fruit Juice Bar</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> Chicken Dippers</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>★ Hamburger on Bun</li> <li>★ Tiny Twist Pretzel </li> <li>★ Fresh Fruit</li> <li>★ Fruit Snack</li> </ul>	<p style="text-align: center;"><b>PAPA'S IN THE HOUSE</b></p> <p>"A" <b>HEALTHY HABITS LUNCH</b> <b>PAPA JOHN'S PEPPERONI PIZZA</b></p> <ul style="list-style-type: none"> <li>★ Tossed Salad</li> <li>★ Orange Slices </li> <li>★ Rice Krispies Tre...</li> </ul> <p style="text-align: center;"><b>"B" CHOICE</b> None</p> <p style="text-align: center; color: blue;"><b>GRAB-N-GO</b></p> <ul style="list-style-type: none"> <li>● Tuna Salad Sandwich</li> <li>★ Sun Chips</li> <li>★ Veggies &amp; Dip</li> <li>★ Fresh Fruit/Seasonal</li> </ul>		

All FSC menus follow the USDA guidelines and have been approved by Registered Dietitian Associates, Inc.

Comparable food substitutions may be made according to supplier's availability

\*\* If you arrive after 9:15 am the lunch choice MUST be the Grab & Go \*\*



Food Service Consultants, Inc.

"Serving You With Pride"

